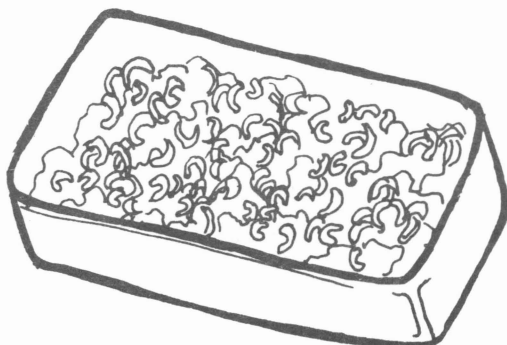
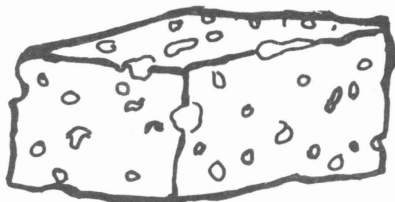
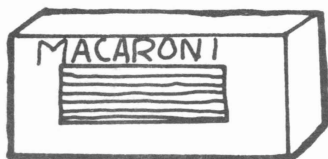


MACARONI AND CHEESE



This recipe makes enough for 6 people.

What You Use:

6 cups of water
2 teaspoons of salt
1½ cups of macaroni
2 tablespoons of fat

2 tablespoons of flour
2/3 cup of nonfat dry milk
powder
2 cups of cheese

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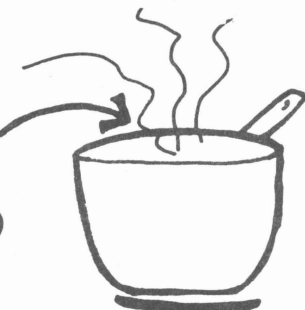
1



Water 1 quart (4 cups)
or more.

Add 1 teaspoon of salt.
Boil water.

2

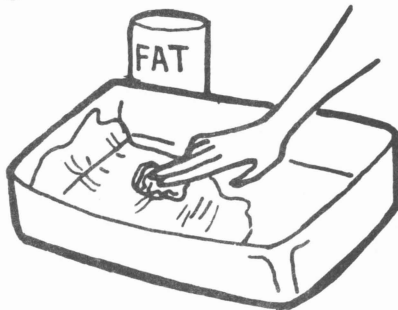


Break macaroni.

About
 $1\frac{1}{2}$ cups

Put macaroni in the
water. Cook 15 to
20 minutes.
Pour off water.

3



Grease a baking pan.

4

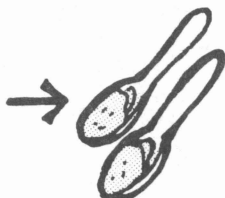


Put macaroni in pan.

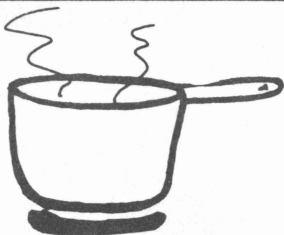
5



Fat



2 tablespoons.



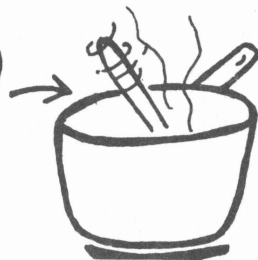
Melt fat in a boiler.

6



Flour

2 tablespoons.



Add flour and

salt to fat. Stir.



Salt

1 teaspoon

7

Nonfat
dry milk

2/3 cup.

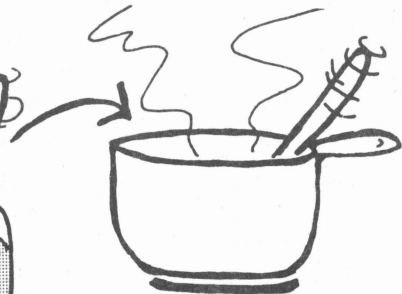


Water

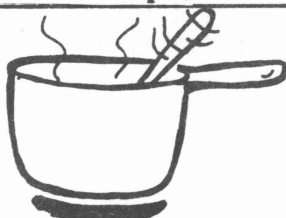
2 cups.



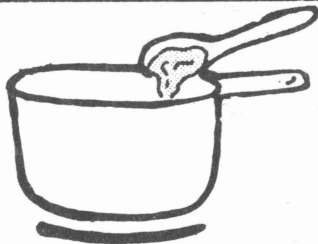
Mix

Add milk a little at
a time. Stir. Be
sure there are no lumps.

8

Cook over very low heat.
Stir all the time.

9



Cook until thick.

10



**Cut cheese
in small pieces.**

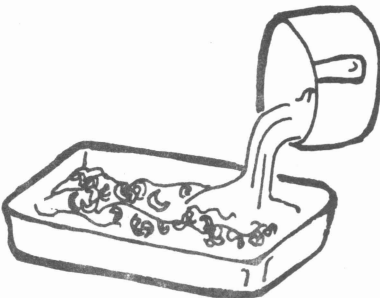


**About
2 cups.**



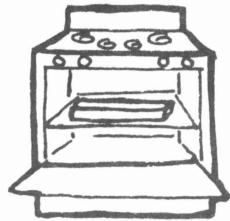
**Put cheese in the boiler.
Stir until it melts.**

11



**Pour cheese mixture
over the macaroni.**

12



**Bake in medium
oven (375°F). Bake
about 30 minutes.**

A good diet has meat, eggs, cheese or dry peas and beans every day. A good diet has fruits and vegetables. It has milk and cereals.

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